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COLEMAN, ALTA.**

The Coleman Journal

Most Effective Advertising Medium reaching the People of Town and District. The Journal goes into the Homes.

VOLUME 95 - No. 19

The Journal - Coleman, Alberta Wed., Aug. 6, 1969

single copy 10c

Leslie Owen
DRY GOODS
Ladies' and Men's
Wear
Across from Central School

Aggregate Trophy To Lethbridge

Frank Leffingwell of Lethbridge, copped the grand aggregate trophy with a score of 75 points at the Willow Valley Trophy Club annual shoot held at the Frank Lynch-Staunton ranch north of Lundbreck recently.

Despite continuous rain the shoot that had been postponed from the previous week was extremely well attended and sportsmen warmed themselves on hot beef and turkey dinner prepared by the Willow Valley ladies.

Winners in the day's events are as follows:
Trapshoot for the Hutchinson trophy: Lloyd Dunk, Warner; Frank Leffingwell, Lethbridge; and Bob Woodward, Pincher Creek.

The Variable Range trophy sponsored by the Pincher Creek Farm Equipment went to Pater A. Hucik, Calgary, with Ben Schmidt, Taber, and Marvo Koski, Calgary, runners-up.

Jack Dezall of Cowley, took the Timberline Saddle trophy in the moving event match with Don Bartz and Rick Kuchera, both of Lethbridge, taking a second and third position.

Three top scorers in the pop-up target match were Joseph Reners, Bellevue; Corney Dicks, Calgary; and Hugh Lynch-Staunton, Lundbreck.

The Hunters match for the Dennis Vadnais trophy was won by Dennis Vadnais of Cardston, for permanent possession. The trophy was the original Barons Rod and Gun trophy. Mr. Vadnais won the trophy three consecutive times, and has now sponsored a new trophy for the event.

Frank Leffingwell of Lethbridge scored 13 points to win out over Gordon Whitney of Lethbridge and Bob Woodward of Pincher Creek.

The Harvey Davis trophy for tight group shooting went to Vance Alred of Cardston with runners-up being Frank Leffingwell of Lethbridge and Evelyn Leffingwell, also of that city.

The large rifle with iron sight match for the Willow Valley trophy went to George Pohn of Lethbridge, with Sam McGee of Lethbridge and Bill Davis of Calgary,

runners-up.

The large rifle with scope event for the Bud Schmidt trophy, went to Evelyn Leffingwell of Lethbridge, with Rick Tessari of Warner and Terry Webber of Willow Valley, coming second and third.

Evelyn Leffingwell of Lethbridge topped the scores for the ladies' .22 rifle 20-yard event for the Willow Valley trophy with Joyce Miller of Calgary, and Yvonne Landry of Lethbridge, placing second and third.

Lethbridge's George Pohn scored highest in the .22 rifle 50-yard event for the Willow Valley trophy to defeat Frank Leffingwell of Lethbridge and Gordon Russell of Waterton Park.

First, second and third places were earned by Gordon Russell of Waterton, Dale Akitt of Calgary, and Frank Leffingwell of Lethbridge, in the 22 rifle 50-yard event for the Pete Maloff trophy.

Ann Russell of Waterton placed first in the 22 rifle youth match for the Jack Reid trophy to win out over Ben Schmidt of Taber and Darrel Rowledge of Pincher Creek.

A total of 594 plus 29 won the Wadena trophy for the five-man rifle team from Lethbridge, comprising Frank Leffingwell, Lloyd Dunk, Rick Kuehira, Don Bartz and Gordon Whitney. Runners-up were the Wadena team with a score of 578 plus 22 and the Willow Valley team with 578 plus 21 points.

The Buddy event for the Bob Malmberg Memorial trophy, sponsored by Gordon Russell of Waterton Park, was won by Lloyd Dunk and Gordon Whitney of Lethbridge who totalled a score of 139.

Evelyn Leffingwell of Lethbridge took home the Blackburn trophy for having tallied the highest individual score in team events. She totalled 119 plus 9 points.



First of ten CL-215 bombers, built by Canadair in Montreal for service with the "Protection Civile" of the French government is shown landing at Marignane Air Base, Marseille, after the long over-water flight from Canada. It is now in service with the "Protection Civile" where it will combat forest fires in the heavily wooded areas of Southern France.

Rev. D. Hembling

Takes New Post

Rev. David W. Hembling has assumed his new duties as minister of the Coleman - Hillcrest churches as of August 1st.

Coleman is Rev. Hembling's first full time charge, after having graduated in the ministry. Prior to coming to the Pass he served in Vancouver and was instrumental in organizing a suicide prevention service in Vancouver.

Rev. Hembling served three summer missions, the first being in Michel-Natal during the summer of 1962; at the Indian community on the British Columbia coast at Namu where he worked as a machinist and radio serviceman as well as holding Sunday services.

His last mission was at Revelstoke, B. C., where he took over a rural pastoral charge embracing a number of small communities.

Mr. Hembling is a qualified counsellor and will offer marriage or family counselling service.

Services will be held in Coleman every Sunday and present plans also include regular Sunday services in Hillcrest after arrangements and meetings with the Hillcrest congregation are held.

Rev. Hembling and his wife will reside in the Coleman manse.

Watch Tower Convention

"Record breaking" is the expression used by Coleman delegates in describing the eight-day international "peace on earth" assembly of Jehovah's Witnesses from which they have just returned.

They were among the 65,000 persons who shattered all attendance records by pecking the Empire Stadium and the Pacific Coliseum in Vancouver, July 20th.

F. W. Franz, vice-president of the Watchtower Society, said: "World peace today is a peace of terror. It is not necessary to take a rocket to the moon to find a peaceful planet as mankind's oldest dream is about to be realized with a thousand years of uninterrupted peace."

The largest mass baptism in Canada's history saw 183 newly-dedicated Witness ministers immersed in water at a large Vancouver swimming pool.

Saturday they applauded an important declaration by all Jehovah's Witnesses worldwide to uphold peace with God and remain neutral regarding local, national and international issues.

Jehovah's Witnesses in Coleman will resume their work and meetings this week.

Coleman Girl Sees Moon Astronauts

Miss Susan Jones, daughter of Mr. and Mrs. Jasper Jones of Coleman, while on holiday in Honolulu, had the good fortune of having a close-up look at the three American moon astronauts in their trailer as they were taken into the city.

Miss Jones, now teaching in Edmonton, was on holiday and was accompanied by Miss Ralphina Delucca, formerly of Coleman and now of Edmonton.

The two girls went on a cruise and were taken on a tour of "Hornet plus three" and later saw the lunar craft in dock.

Forest Fires In June

OTTAWA — During the month of June there were 1549 forest fires which damaged a total of 1,153,000 acres of woodland throughout Canada, according to estimates by the Canadian Forestry Service.

By comparison, in June of 1968 there were 841 fires which damaged 617,000 acres.

So far this season there have been 397 fires with the damaged forest totalling 1,206,000 acres.

Over the same period last year there were 3355 fires which damaged 1,821,000 acres of forest.

Forest damage may be reduced by sterilizing female insects.

Teachers Assigned To Pass Schools

82 full time and 5 part time teachers will make up the staff of the Crows Nest Pass School Division No. 63 for the 1969-70 school year with projected enrolment being 794 elementary pupils, 417 junior high and 340 high school students, according to figures released by J. W. Ede, school superintendent.

Schools and their respective staff are as follows:

M. D. McEachern Elementary — Bellevue — Mrs. A. Rae, Mrs. D. Warick, Miss A. Haddas, Mrs. B. Bare, Miss H. Suca, Mrs. L. Demchuk, Mrs. L. McIntyre, Mrs. B. Grant, Mrs. L. Dambois, Miss M. Suca, vice-principal; J. Quintillo, principal; Spec. E. Mrs. C. Pitt.

Cameron Elementary — Coleman — Junior High — Mrs. L. Malanchuk, Mrs. M. Baldwin, Mrs. M. Atkinson, Mrs. G. Stojak, Mrs. Roughton, Mrs. L. Bouthillier.

Senior High — A. Stojak, J. Rejman, Mrs. A. Fortunato, T. Kryczka, Mrs. E. Ondrus, R. Franz.

Industrial Arts — D. DeCocco.

Home Economics — Miss J. Pollock; Physical Education, F. Capron; Guidance, R. Elliot; Mathematics, Mrs. K. Wright; vice-principal, S. Ondrus; principal, H. Allen.

Blairmore Elementary — Blairmore — Mrs. E. Gilmar, Mrs. S. Oakes, A. Cousen, Mrs. M. Bodio, Mrs. L. Radulski, Miss M. Bulmer, Mrs. L. Rafferty, Mrs.

C. Dixon, Miss A. Kubie, Mrs. A. Bonne, vice-principal.

Central Elementary — Coleman — Miss R. Sudworth, vice-principal; Mrs. M. Richards, Mrs. J. Allen, Mrs. J. Willoughby, Mrs. I. Coover, Mrs. V. Tourond, Mrs. G. Montalbeti; Special Education — Mrs. J. Ede, Mrs. M. Elbert.

Isabelle Selton High School — Blairmore — Junior High — Mrs. F. Bond, Mrs. F. Kovach, Mrs. M. White, Mrs. B. Gregory, J. Gray, Mrs. H. Hucik, Miss A. Adams, Mrs. H. Muspratt, Mrs. A. Spatuk, D. Quintillo, vice-principal.

Senior High — Miss N. Kimoto, E. R. Castallarin, Miss J. Hill, S. Richards, D. Halton, Mrs. M. Giza, Mrs. A. Serra, Mrs. F. Warick, R. Anderson, H. Hall, Miss N. McKay. Physical Education, K. Braithwaite; Home Economics, Mrs. H. Quarin, Mrs. H. Gresi. Industrial Arts, I. Bosetti. Library, Mrs. A. White. Guidance, R. Elliot, vice-principal, F. Sicking, principal, Eric Price.

Rec News

This summer, as an additional service to the community, the playground staff has introduced an extensive camping program.

Under the leadership of Miss Linda Halton and Mr. Sam Marra (who have been hired by the Recreation Board and trained at the Southern Alberta Camp Counselor Leadership Camp) day camps and overnight camps have been organized to give the children and youth of the Pass an educational opportunity to venture into the countryside.

The day camping program involves a short hike, picnic, conservation study, teaching of natural lore and the making of crafts and tools from the natural surroundings. Overnight camping entails a more intense education in survival and conservation in that lean-tos will be constructed for use that night, meals will be prepared on an open fire, trail blazing and orienteering will be taught sing - songs and group games will be enjoyed and groups participating will be constantly promoted to enforce the spirit of camping.

Miss Halton and Mr. Marra have compiled a book on survival, conservation and camping to be used by the older children going on the overnight camping trips.

Another added feature of the playground program is gymnastics which will commence next week for all seven playgrounds.

Miss Denise Occicinali will be conducting gymnastic lessons for beginners and intermediates for the final three weeks of summer playgrounds. Parents are more than welcome to visit the playgrounds to view their children "in action".

For future information regarding either the camping excursions or gymnastic instruction, please feel free to contact:

Pat Burrows, acting Recreation Director, at the Crows Nest Pass Recreation Office, 542-2431.

Can diet help arthritis? Except in gout, there is no such thing as an "arthritis diet". Be informed — general information about arthritis and the other rheumatic diseases is available from The Canadian Arthritis and Rheumatism Society, No. 339, 805 Fifth Street S. W., Calgary 2, Alberta.

A main objective of The Canadian Arthritis and Rheumatism Society is to increase the number of rheumatologists to serve the needs of patients, hospitals and referring family doctors.

Agreement Turned Down

Members of Local 2633 United Mine Workers of America at Coleman at a recent vote, turned down the proposed agreement with the Coleman Collieries Limited by a majority vote of 127. Further negotiations on the matter are underway.

Meanwhile, approximately 320 mine employees will go on holiday starting August 4, when the mine will close down for a two-week period.

Union secretary - treasurer Pete Meronik reports that approximately 25 per cent of the mine workers are this year entitled to three weeks vacation under the present agreement and the additional week holiday will be taken by the men on their own arrangement.

Construction Starts On High School

Bird Construction Co. started construction this month on a \$1,534,000 high school at Coleman, Alberta, for the Crows Nest Pass School Division, branch manager M. M. Murakami of Lethbridge, said Friday.

The two-storey structure, which is to be complete April 30, 1970, involves 73,000 square feet and consists of concrete, structural steel and lightweight block materials. A work force of 50 men will likely be employed on the project.

Architects for the project are Laurie and Neufeld of Lethbridge.

Physiotherapy, frequently essential to the prevention or correction of disability due to arthritis, is provided to patients in their homes and in C.A.R.S. treatment centres on prescription of the patient's doctor.

Dear Lord, when Gabriel blows his blast
And I come home to rest at last,
Don't measure me for harp and wings,
Let me have instead these things:

Some tackle and a rod and reel,
A pair of waders and a croel,
A gushing, frothy, glacial stream,
A quiet lake by which to dream;

An angel pal with whom to angle,
Magic lines that will not tangle;
And permission, Lord, with fingers crossed,
To lie about the fish I lost.

—Federated R. I. Sportsman.

Playground Attendance Soars

It appears evident that the initiation of three additional playgrounds to the Pass by the Crows Nest Pass Recreation Board has proven most successful in terms of attendance as well as program.

Attendance figures, calculated once in the morning and once in the afternoon, combine to give a total attendance in the first week of 2261 — an increase of 700 over the 1968 registration.

The second week of the six-week playground program experienced an increase of 800 in attendance over last year.

Excellent participation by the children has been reported by the staff of the seven playgrounds.

It is now hoped that more parents will accompany their children to the playground to observe the program and perhaps to assist in supervision.

This week the program centers around the "Pan American" theme with Friday's Special Event Day involving a cross-Canada Marathon Race, a novelty track meet and a parade of the medal winners and international teams.

Elks Picnic August 17th

Coleman Elks will hold the annual picnic at Knowles Ranch, north-west of Coleman, starting at 1 p.m. August 17th.

The lodge has announced that free ice cream, pop and hot dogs will be provided for the children and families are requested to bring picnic baskets for an evening picnic.

Races, games and entertainment will be held for young and adult attendees.

Promotion Received

S/Sgt. David A. Vasek, USAF, 36th Armament Electronic Squadron (SAC), son of Mr. and Mrs. Louis Vasek of Coleman, has assumed the duties of Navigational Aids Supervisor.

He is stationed at McCoy Air Force Base, Florida, where he and his wife and two children reside. S/Sgt. Vasek entered the United States in 1955 when he joined the USAF. He trained at Sampson Air Force Base, New York, and attended electronics school at the Keesler base in Missouri, where he became a class leader.

On completion of his school he was assigned to initial duty with the 54th Weather Reconnaissance Squadron (Typhoon Chasers) at Andersen Base in Guam. He was later assigned to Muskogee, Oklahoma, and has since served at Biggs Base, Texas, Albany, Georgia, Wurtsmith base, Michigan, and Goose Bay, Labrador.

LEGION RE-OPENS

Coleman Legion re-opened July 18th, after having ceased operations for more than two years.

The interior of the premises has been completely renovated with drop ceiling and walls covered with wallboard.

A complete new floor covering has been laid and chairs have been all re-upholstered. The re-modelling job cost more than \$6,000 with most of the work being done by voluntary labor.

The Legion is now open daily from 4 to 11:30 p.m. and on Fridays, Saturdays and holidays from 11 a.m. to 11:30 p.m.

Spruce budworms kill spruce and balsam fir throughout Canada.

NOTICE

Town of Coleman

Please be advised that the Council of the Town of Coleman have passed a By-Law, No. 383, making

Sewer Compulsory Payment

which is to be effective January 1st, 1970. The rate that will be charged is \$3.50 per month for Domestic. The Commercial Rate per month will be charged according to By-Law No. 359-A.

C. F. SCHILE,
Secretary-Treasurer.

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Compulsory Medicare Not Forced By Federal Govt.

July 21, 1969.

Dear Mr. Editor:

It is not true that the compulsory medicare scheme in Alberta has been forced on Albertans by the Federal Government. It has been forced on Albertans by the provincial Social Credit Government. The only requirement of the Federal Government is that 90 per cent of the citizens participate in the plan in the first year and 95 per cent in subsequent years.

British Columbia is participating in the federal scheme with a voluntary non-compulsory plan. Accordingly any citizen of British Columbia who does not want to participate, on principle or otherwise, can opt out of the plan and look after his own medical requirements without penalty or fine.

Only 4 per cent of British Columbia citizens have chosen to do so — some perhaps because the British Columbia premium rates are more attractive than is the case in Alberta for the low income earners.

However, in any event, the element of compulsion is not required in British Columbia. It is a voluntary plan. Hence it is misleading for Social Credit to suggest that the Federal Government forced the Alberta Government into a compulsory program. Obviously this is not the case.

We clearly, could have still received the federal contribution with a voluntary plan in Alberta. Alberta Conservatives have consistently advocated that Alberta's participation should be on a voluntary non-compulsory basis. As Conservatives we oppose the use of unnecessary compulsion. The desirable provincial objectives should be that all citizens, regardless of means, receive adequate medical care at the lowest possible cost — but without being compelled to accept compulsory state medicine.

PETER LOUGHEED,
Alberta Conservative
Leader.

One Prairie Province? A Question For Canada

Making one province out of Alberta, Saskatchewan and Manitoba will be the subject of a conference in Lethbridge, May, 1970.

The conference will be jointly sponsored by the University of Lethbridge and The Lethbridge Herald.

Dr. W. A. S. Smith, president of the university, and Mr. Cleo Mowers, publisher of the newspaper, said it is not their purpose to promote such a union, but rather to explore the possible advantages and disadvantages — to ATL Canadians — of there being a single prairie province.

"There is much concern," they said, "over the future path of Canadian federalism, which is being shaped by forces and events that could not have been foreseen when the Constitution was framed. Now, a union of the three original maritime provinces, and perhaps Newfoundland as well, is a serious possibility. If there is to be any realignment of Canada's political and economic structure, it is both timely and important that the western situation be critically examined."

"We have discussed the planned conference with a number of prominent people across Canada, and the response has been most encouraging."

"We want to assemble many of the best minds in the country from universities, business and government. They will not be asked to take a position for or against the proposition of a single province, but rather to join in the exploration of an idea."

Mr. Dennis O'Connell has been appointed co-ordinator of the project. Dr. H. M. Axford of the University's Department of Economics is chairman of the program committee.

Youth Safety Instruction

(By A. E. Bridges, Alberta Fire Commissioner)

Two incidents have come to the attention of the Alberta Fire Commissioner recently which indicate that it is of great advantage to teach youngsters how to conduct

themselves in a fire situation.

In one case a 12 year old boy led his younger brothers and sisters out of a house and successfully applied a fire extinguisher to bring the house fire under control. He stated his training and instruction was received when he qualified for his firefighter's badge in his Cub troop.

Another case involves a farm home in which a sudden fire occurred from a gas explosion. Two children, a girl age 14 and her sister age 5, were playing in a rear room of the building when the suddenness of the fire and explosion cut them off from the exit doors. The 14 year old girl had the presence of mind to break a window cleanly and efficiently and to help her little sister out of the window. They both escaped unharmed.

Training in fire prevention in these cases proved to be essential to life safety.

Letter to the Editor

Canadian International
Development Agency,
Ottawa 4.

Dear Editor:

I wonder if any organization in your community is looking for an interesting speaker for its fall program? Maybe we at the Canadian International Development Agency can help.

Because of an intensified interest in Canada's international development programs, CIDA last year organized a Speakers Bureau of experts who have returned from lending their knowledge and training to developing countries all over the world.

A new group of experts are on their way home this year, willing to talk about their activities in countries as varied as Mauritius, Kenya, Malaysia or Pakistan.

Some are teachers, others are technical advisers — accountants, foresters, air traffic controllers, and others in a variety of professions. They will address church groups and community clubs in their own areas on this important subject of international development. Our problem is therefore, to bring this service to the attention of club and church secretaries.

We would be pleased to put organizations in touch with speakers. Write to me, the Director of Information, Canadian International Development Agency, 75 Albert St. Ottawa 4, Ontario, for a list of speakers in each province.

Yours sincerely,
NORMAN RIDDIOUGH,
Director,
Information Division.

The number of Canadians totally or severely disabled by arthritis is equivalent to 84 per cent of the Canadian Army, regular and militia.

Trees infected with Dutch elm disease should be removed.

NEW IN THE PASS

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Electoral Boundaries Commission

The Electoral Boundaries Commission of the Alberta Legislature seeks useful advice and information to assist it in its assignment of revising Alberta's electoral boundaries in accordance with terms of The Electoral Boundaries Commission Act.

The Commission hereby invites relevant submissions from interested persons and organizations.

Representations and incidental requests for further information should be made prior to October 1, 1969, in writing (typewritten if convenient), and addressed to:

Secretary,
Electoral Boundaries Commission,
Room 313, Legislative Building,
Edmonton 6, Alberta.

The Commission intends to conduct public hearings after December 1, 1969, following publication of its report to the Speaker of the Legislative Assembly.

S. S. Lieberman,
Chairman.

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PICNIC TRICK-NIQUES

Summer isn't over yet!— (Although the weather may lead us to think otherwise).

For those more hardy individuals who plan on spending a few leisurely days in the great outdoors, here are a few "picnic trick-iques" that are just dandy for the harried holidaying housewife, for the dapper duns of the fishing pole set.

Make Your Own Mix — Terrific, easy to store mixture to make ahead of time. Great for making anything from hot cakes to pan fry biscuits in jig time.

Make-Your-Own Mix:
10 cups all purpose flour
1 1/4 cups skim milk powder
1/3 cup baking powder
1 tsp. salt
1 lb. (2 1/3 c.) shortening

Measure flour, powdered milk, baking powder and salt; stir well to blend. Cut in shortening with pastry blender until mixture resembles coarse meal. Store mix in closed canister at room temperature. Yield: about 16 1/2 c. mix.

NOTE — When measuring mix,

spoon into a dry measuring cup. Do not pack. Mix well — keeps approximately six weeks.

Frypan Apple Fritters:

Combine 1 1/2 cups make-your-own mix
3/4 cup water
1 egg
Add: 1 cup diced apple

Drop by spoonful into a well-greased frypan. Fry until golden brown. Dip in sugar or syrup. Bananas, oranges, or kernel corn may be used for variety. Yield: 10 to 12 fritters.

Chicken Dinner in a Packet:

For each serving:
1 piece of cut-up chicken (quarter, breast, or leg)
salt, pepper, paprika
1 sliced tomato
1 sliced peeled potato
1 sliced onion
4 whole mushrooms (canned)

2 green pepper rings
2 tbsp. tomato juice

Place chicken piece, skin side down, in centre of foil (about 18" by 12"). Sprinkle with seasonings and arrange vegetables on top. Seal with double folds. Cook on grill 3 - 4 inches from fire until foods are tender, about one to one and a half hours. Turn packets every 15 minutes. If barbecue has a hood, rotate the grill once or twice during cooking.

Spiced Bananas:

Peel bananas and place on a square of heavy aluminum foil. Brush with lemon juice; sprinkle with brown sugar; dust with cinnamon and nutmeg and dot with butter. Wrap foil securely around the bananas, twisting the ends. Barbecue on grill 7 to 9 minutes or on coals 4 to 5 minutes.

Hot Cakes:

1 1/2 cups make-your-own mix
2 tsp. sugar

3/4 cup water

1 egg, beaten

Stir sugar into mix. Add the water and beaten egg all at once. Stir lightly, until blended. Pour batter by 1/4 cupful into lightly greased hot griddle. Bake until bubbly. Turn and bake other side. Serve hot with butter and maple syrup. Yield: About 12 fluffy 4" pancakes.

Frypan Biscuits:

2 1/2 cups make-your-own mix

3/4 cup water

Add water to mix. Stir lightly until ingredients are moistened. Pat onto waxed paper to about half inch thickness. Cut in to small squares. Cook in a greased frypan covered. Turn when golden brown on bottom and cook for a few minutes more. Yield: 1 doz. biscuits.

Cocoa or Chocolate Milk (make at home)

1 cup cocoa
1 cup sugar
1 cup dry milk
1 teaspoon salt
sifted together and stored in covered container.

For each serving: add 3/4 cup water to 1/4 cup mix. Stir in a little water to make a paste; add the rest slowly. Serve hot or cold.

Watch this column next week for more nifty picnic trick-iques. In the meantime if any of you are interested in receiving a copy of "IDEAS FOR CAMP COOKING" phone, write or drop into the office.

Boating Tips

To help curb boating fatalities Red Cross recommends eight boating safety tips for boaters:

1—Buy a boat suitable for the use you want to make of it. Make sure it is large enough for the

number of passengers you plan on carrying, and that it will handle the horsepower you wish to use.

2—The rules of the road apply to boats as well. The drinking driver is just as dangerous on water as he is on land.

3—Equip your boat with government approved safety equipment — a lifejacket for each person on board (see that each lifejacket fits the person for whom it is intended, and that it is worn at all times); two oars or paddles; bailer or manual water pump; red distress flares; tool kit; first aid kit, fire extinguisher and an anchor on 50 feet of line.

4—Carry and use the correct lights at night.

5—Never smoke while re-fuelling.

6—Put your passengers ashore while re-fuelling.

7—Always wear a lifejacket in choppy waters and at night.

8—If upset call for help and hang onto the boat until help arrives. There's more information on boating in the FREE booklet — "Safety Afloat '69" — Write to the Marine Regulations Branch, Department of Transport, Ottawa, for your copy. A complete safe boating course is available through the National Safety League, Ottawa.

A "New Look" In Water Safety

The Canadian Red Cross Water Service has made a thorough review of its aims and recognizes that skilled swimming is an outgrowth of experience in the water, and that there is little value in stressing form and technique to the exclusion of personal ability to

survive a water accident situation. It's greatest concern was the main cause of drowning in Canada — the accidental, unanticipated entry into water. Therefore the "new look" of the Red Cross Water Safety has included the introduction of a drown-proofing technique designed for the survival of the individual, even in rough seas, while wearing clothes, or even when seized with cramps.

On compiling the 1968 drowning statistics it was found that the largest contributing factor to the year's fatalities was falling into water from a stationary object. It was felt that most victims of accidental entry into the water could have been saved had they been familiar with the survival routine.

The Red Cross Water Safety Service, through research, education and constant up-dating of its program is leading towards the enjoyment of healthy, safe, aquatic recreation.

Be water wise and have a happy vacation.

Anyone can suffer from arthritis. Rheumatoid arthritis, the most disabling, usually attacks in the prime of life; but it may also affect very young children.

In Memoriam

HALSTEIN — In loving memory of my husband, William Halstein, who passed away on August 2, 1968:

Softly the leaves of memory fall; Gently we gather and treasure them all.

Unseen, unheard, you are always near,
So loved, so missed, so very dear.
As time goes by the memories stay
As near, as dear as yesterday.
Always loved and remembered
by his wife, Ines.

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Lethbridge, Alberta

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Reasonable Rates

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Coleman Pharmacy

Classified Ads

HOUSES FOR SALE

3-Bedroomed House, Steam Heated. Also 3-roomed House in Willow Drive. For further information Phone 563-3545, F. Krish.

FOR SALE—Modern two-bedroom Home on two lots next to the Stop Inn Motel in Coleman. Fully landscaped, wall to wall carpeting gas and sewerage. Full basement. Contact Barry Fraser or phone 563-3481 or 563-3759, Coleman, Alberta.

LOST

LOST — Instamatic 104 Camera at Allison D. M. Finder please phone collect, 236-3778, Granum, Mr. J. Cairnes.

LOST — Tan Pug Dog with black harness, between Chain-Lakes and Crownest. Substantial reward offered. Phone collect 652-7372, High River. L. E. Peterson.

LAND WANTED

SUITABLE for hunting or fishing purposes, large or small acreage. No buildings, send details and legal description to L. Henry, Station "S", Box 56, Toronto, Ontario.

Coming Events

St. Paul's United Church Women will hold an Autumn Tea in the Club Room on September 10.

The Coleman Catholic Women's League will hold a Fall Bazaar and Tea in the Catholic Hall on Saturday, October 25th.

St. Paul's United Church Women will hold a Pie Social in the Club Room on October 29th.

St. Paul's United Church Women will hold their annual Fall Bazaar in the Club Room on Nov. 15.

Attend Church

ST. PAUL'S United Church

Morning Service—10 a.m.
Sunday School—11.15 a.m.
You are All Welcome.

COLEMAN CHRISTIAN ASSEMBLY

Family Bible Hour — 11:00 a.m.
Lord's Supper — 12:30 p.m.
Evening Service — 7:00 p.m.
Holding Fast the Faithful Word — Titus 1:2.
Holding Forth the Word of Life — Philippians 2:16.

JEHOVAH'S WITNESSES

Coleman
Meetings at Kingdo Hall
Every Sunday at 10 a.m.
Every Friday at 7 p.m.

LUTHERAN SERVICES

Held in the Anglican Church
7:30 p.m. Each Sunday
Rev. Karl Keller
Phone 627-4278
Pincher Creek.

Harder's SEPTIC TANK PUMPING

George Harder, Prop.
Phone 564-4625
Bellevue, Alberta

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WILDERNESS OUTWARD BOUND PILOT PROJECT

For Young Men 17 to 21



AUGUST 17th TO 31st

A new outdoor recreation program will be introduced to Alberta this summer. Under the direction of the Outward Bound Steering Committee of Alberta in conjunction with the Recreation Branch, Alberta Department of Youth, a wilderness Outward Bound pilot project will get underway at Collie Creek in the Willmore Wilderness park area, August 17 to 31.

A rigorous outdoor camp and field trip program for young men age 17 to 21 is planned around such activities as mountaineering, rock climbing, orienteering, forest fire prevention, first aid and rescue service training, wilderness familiarization and survival skills.

Enrollment fee for the 14-day course is \$85.00 and each applicant must submit proof of good health. The Outdoor Education Division of the Recreation Branch will provide the necessary specialized equipment.

Enrollment Is Limited To 20

COST \$85.00 inclusive of expert tuition, food, tent accommodation and all transport as of Hinton, Alberta.

For information and application forms fill and return the coupon below:

Outdoor Education Supervisor,
Province of Alberta — Department of Youth,
Recreation Branch,
Main Floor, C. N. Tower,
Edmonton 15, Alberta.
422-6625

Name
Address
City or Town

SPONSORED BY THE DEPARTMENT OF YOUTH
GOVERNMENT OF ALBERTA

in co-operation with the Alberta Outward Bound Steering Committee

PROVINCE OF
ALBERTA

Department of Youth

Hon. Robert C. Clark
Minister

C. L. Usher
Deputy Minister



Personalities IN THE NEWS

Mr. and Mrs. Frank Krish have returned from a three week holiday at Vancouver, B. C.

Friends are pleased to see Mrs. A. Hammer around again after being a patient in the Crows Nest Pass Hospital.

Mr. and Mrs. M. Kimoto and family have returned from a holiday spent at Richmond, B. C., via Vancouver.

Mrs. J. Wright and Mrs. J. Brown of Calgary, recently visited Mr. and Mrs. T. Holstead.

Mr. and Mrs. F. Hurst and Mr. and Mrs. S. Squarek and family spent a holiday at McBains Lake, B. C.

Mr. and Mrs. D. Morgan of Calgary visited the latter's mother Mrs. R. Coccolone and other relatives in the Crows Nest Pass.

Roxy Theatre

Show Times—Monday to Friday, 1 show, 8.00 p.m.
Saturday at 2 p.m., 7 p.m. and 9 p.m.

COMING ATTRACTIONS

Thursday and Friday, August 7 and 8

"Hell in the Pacific"

Lee Marvin - Toshio Mifune
Cinemascope - War Drama - FAMILY

Saturday and Monday, August 9 and 11

"GIT"

Hack Chaplain - Heather North - Boy and His Dog Adventure. Cinemascope. FAMILY

Matinee, Saturday August, 9 at 2 p.m.

Tuesday and Wednesday, August 12 and 13

"Carry On Screaming"

Harry Corbett - Jone Sims - Comedy Horror
FAMILY

Thursday and Friday August 14 and 15

"Challenge For Robin Hood"

Barry Ingrin James Hayden - Action Adventure
FAMILY

Saturday and Monday, August 16 and 18

"Live A Little Love A Little"

Elvis Presley - Michael Garey - Musical Action
ADULT

Special Matinee. Sat. Aug., 16 at 2 p.m.

Tuesday and Wednesday August, 19 and 20

"Vicking Queen"

Don Murry Carata - Adventure
ADULT

ANNOUNCEMENT

It has been my pleasure to serve our many customers for the past 42 years.

Old Age has finally stepped in, and I feel that it is time to retire from active business.

With sincere regrets, I announce that I will cease operating my store as of September 1st, 1969.

This decision was not easy to make.

I wish to take this opportunity to thank our customers, past and present, for their much appreciated patronage.

On behalf of Holyk's:

Signed: Alex Holyk.

Mrs. O. Krug and family recently spent a holiday at Waterton Lakes National Park, while away Mr. and Mrs. John Kowchuk and family of Biggar, Sask. were overnight guests with Mr. Krug, also visiting him were Mr. and Mrs. Larry Krutzer of Ft. St. John, B.C.

Miss Verda Plante of Drumheller visited her mother Mrs. Mable Plante.

Mr. and Mrs. J. Wilson of Lethbridge visited relatives and friends here recently. Mrs. E. Halstein returned with them to Lethbridge.

Mr. and Mrs. J. Caddick and family of Calgary visited the latter's mother Mrs. R. Holly.

Mr. and Mrs. W. Beck of Blairmore have returned from a holiday spent in the Okanagan Valley and other B. C. points.

Mr. and Mrs. Sam Kuahner of Saskatoon, Sask. were recent Sunday visitors at the home of Mr. and Mrs. O. Krug. Mr. Kuahner is Mrs. Krug's uncle.

Mr. and Mrs. W. Raymond and family of Vancouver, B. C., recently visited the former's grandmother, Mrs. Edith Harrison and Mr. and Mrs. Fred Fauville, also other relatives. While here they spent a holiday at Edmonton and Penitence, B. C.

Misses Laurie and Sharon Urwin of Edmonton visited their grandparents, Mr. and Mrs. Harry Urwin. They also enjoyed a visit to the Lethbridge Exhibition.

Mr. and Mrs. Len Cooke of Grassy Lake, recently visited the latter's parents, Mr. and Mrs. J. Trolz. They were enroute home from a holiday spent in Vancouver, B. C.

Mrs. Agnes Ryan of Rocky Mountain House, visited her brother and sister-in-law, Mr. and Mrs. J. Kilgannon and old friends in Coleman.

Mr. and Mrs. W. Kinnear spent a holiday at Roslin Lake, B. C.

Mr. and Mrs. C. Hoffman spent a holiday at Fairmont and Radium Hot Springs.

Mr. and Mrs. J. Binda have returned from a holiday at Calgary with their son-in-law and daughter. They also spent a few days at Radium Hot Springs.

Mrs. Susan Jones is spending a holiday at Hawaii. She travelled via T.C.A.

Mr. and Mrs. Alf Phillips recently visited at Edmonton with the latter's brothers, Mr. and Mrs. W. Hibbert and Mr. C. Hibbert, and other relatives.

Mr. and Mrs. N. Livingstone and family spent a holiday at Wasa Lake, B. C.

Mr. H. T. Halliwell, former editor and publisher of The Coleman Journal, now residing at Fort Macleod, is convalescing at his home after being a patient in the Municipal Hospital at Lethbridge and Fort Macleod. His many friends in the Crows Nest Pass will wish him a speedy recovery.

Mr. Eddy Belter and little daughter from Calgary, visited his parents, Mr. and Mrs. P. Belter.

Mr. Allan (Butch) Fry and friend from Vancouver, B. C., visited relatives in the Crows Nest Pass.

Mrs. J. Bare and Mrs. D. Boutillier were recent Calgary and Lethbridge visitors.

Miss Lynda Sudworth of Taber, visited her parents, Mr. and Mrs. T. Sudworth.

Mrs. C. Garner is a patient in the Crows Nest Pass Hospital. Her friends will wish her a speedy recovery.

Born to Mr. and Mrs. Alan Gate of Calgary on July 10th, a daughter, Lelaine Jean. The proud grand parents are Mr. and Mrs. Harry Gate of Coleman.

Mr. John Howarth recently returned from a three-week holiday spent in California, U.S.A.

Mr. and Mrs. Robt. (Brick) Bell from Lethbridge, visited Mr. and Mrs. J. Atkinson and called on several old friends here.

Mr. Wm. Hammer and children of New Westminster, B. C., were recent visitors with the former's parents, Mr. and Mrs. A. Hammer.

Mr. Foss Boulton and son Joseph and daughter Mary, of Seattle, Wash., U.S.A., visited the former's mother, Mrs. C. Boulton.

Mr. and Mrs. E. Lant and daughters are spending a holiday in Seattle, Wash., U.S.A.

Lions Name Bingo Winners

Edna Campbell and Mrs. Pisony of Fernie, split the \$100 jackpot at the recent Lions Club bingo. Winners of other prizes were: \$12 each, Mrs. Ellwyn, Rose Saad and Heather Garbar. \$10 each, Jack Goulding, Mike Ozar, Hilda Blas and Miss Laika. \$5 each, Mrs. Zoke, Heather Garbar, Shirley Rosnar and Mrs. Parry.

\$6 each, Ellen McDonald, Anne Hurlak, Andy Gettman and Heather Garbar.

The next bingo on August 13th will feature \$100 to go, \$35 in 8 or less numbers, five \$12 and five \$10 bingos.

Some insects eat terminal buds causing tree stems to fork.

- O-K -

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SPECIALS

Good for Thur., Fri. & Sat., Aug. 7, 8, 9

BUTTER No. 1, lb. 73c	Maple Leaf Cheddar Cheese 2 Pound Pkg. \$1.25	SUGAR, B.C. 10 lbs. \$1.09
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POP, Cragmont 10 Tins for 95c	JAM, Strawberry Valley Gold 48 oz. Tin 99c	FRY'S COCOA 1 Pound Tin 75c
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TOMATOES Aylmer, 20 oz. 3 tins for 85c	Tiny SHRIMPS 2 Tins 89c	MUSHROOMS 3 Tins \$1.00	SO-FRESH MARGARINE 3 Lbs. 79c
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Hienz Tomato Juice 19 oz., 5 tins \$1.00	SOUPS, Campbell's Tomato Vegetable 6 Tins 89c	COFFEE, Nabob, 1 lb. Pkg. 81c
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Hienz Onion Soup Package of 2 31c	Hienz Chicken Noodle Soup, pkg. of 2 29c	PEAS, CORN, WAX BEANS or GREEN BEANS 14 oz. Tins 6 Tins \$1.00
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CARNATION MILK 6 Tins for \$1.17	Gardenside Kernel Corn, 12 oz. 5 Tins for - - - 95c
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TIDE, XK, King Size Package \$1.69	PEACHES, Sliced, Hunt's 28 oz. Tins, 2 for - - - 83c
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T.V. VINEGAR, 128 oz. Jug 83c	T. V. POP Cola, Ginger Ale and Orange 28 oz., 4 for 99c
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BALLET TISSUE, 4 Rolls for 55c	LARD, 3 Pounds for - - 61c
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CRYSTAL ICE CREAM, half gal. \$1.19	FLOUR 20 lb. Bags \$1.69
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GO-GO with Burn's No. 1 Choice Meats

PORK SAUSAGE, Burnshire 1 lb. Package - - 63c	SHAMROCK BACON 1 lb. Cry o Vac - 95c
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Bologna, piece only, lb. 49c	Wieners, 1 lb. pkg. vac pak 63c
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Scotties Facial Tissue, 3 pkgs. for 89c

PEARS, 15 oz. Tins, 3 for 79c

PLUMS, 15 oz. Tins, 3 for 65c

Attention Mothers!

THE CHINOOK HEALTH UNIT
Will hold a Well-Baby & Pre-School Clinic

ON	AT	IN	FROM
Aug. 7 LUNDBECK		Anglican Parish Hall	1:30-3:30 p.m.
Aug. 8 BELLEVUE		Town Hall	1:30-3:30 p.m.
Aug. 12 COLEMAN		United Church Hall	10:30-11:30 a.m. & 1:30-3:30 p.m.
Aug. 14 BLAIRMORE		Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.

— FLUORIDE TABLETS AVAILABLE UPON REQUEST —